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INPORTANEWS

SERVING PORT COLBORNE . WAINFLEET . SHERKSTON . LOWBANKS . ISSUE NO. 33 VOLUME 14 For news updated daily see www.inportnews.ca

■ VIDEO: Daughter documented **Telling Kiesha's** story

MARYANNE FIRTH InPort News Staff

PORT COLBORNE - Childhood is supposed to be a magical time filled with innocence and care-free fun. see KIESHA | A2





DAVE JOHNSON Staff Photo

■ MIXED MARTIAL ARTS: Province changes stance to allow sanctioned fighting events

MMA coming to Ontario

and BERND FRANKE InPort News Staff

MIAMI, Fla. - "I think it's awesome!" Dave Davholl said when told Ontario is taking steps to allow professional mixed martial arts events in the province

The owner and chief instructor of Dayboll Jiulitsu and Fitness Academy in Port Colborne was in Miami training at Robert (Cyborg) Abreu's school and hadn't heard Saturday's announcement until reached by e-mail. A news release from the

province said Ontario would adopt the same rules for professional MMA that are widely used across North America.

see FIGHTING LA2



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sion, however,

student said.

"I knew it was going to

happen, sooner of later. The

sport keeps growing and I

knew it would ultimately

grow into Ontario," the

19-vear-old Niagara College

out of the studio in Port

Colborne, Cseh is already

looking forward to stepping

into the octagon without first

having to declare his inten-

tions at the border. He could

think of no better venue

the arena in a day. The people

of Welland would come

out for this type of fighting,

because it has everything," he

Asked if he was wor-

ried about people setting

up poorly run MMA events.

Dayboll said flyby- night pro-

As for the sport's detrac-

"In boxing if you get

motions won't last very long.

tors, Dayboll said it has

become as safe as possible

knocked down a number

of times, you get a standing

eight count and can continue

fighting MMA doesn't allow

over the years.

I think we could sell out

locally than Welland Arena.

Like the fighters who work

FROM PAGE AT

But for Kiesha Embrey. childhood has been a time filled with doctors appointments, hospital visits, surgeries

and struggles. Since her birth in April 2005, Kiesha has been diagnosed with two rare lung diseases. hip dysphasia and glaucoma. She underwent a cornea transplant and is now considered

legally blind. Despite the difficulties the now five-year-old Port Colborne girl has seen in her lifetime, she never forgets how to smile. It's that smile that Kiesha's parents. Tammy and Chris Embrey, hope to share

with the world Through a special contest created to raise awareness of childhood disabilities, they've put together a video documenting their daughter's life.

The contest, FilmPossible, is facilitated by Holland Bloorview Kids Rehabilitation Hospital, the largest children's rehabilitation hospital in Canada. Videos are uploaded online at www.filmpossible. comfor everyone on the World

Wide Web to see.

Site visitors can vote for their favourite video once every 14 hours. The top three videos with the most votes by Sent 15 will become contest finalists. with the winner announced on Nov. 30. If Kiesha's story claims the top spot in the contest, the family plans to put the \$5,000 grand prize towards the purchase of specialized equipment to help improve her quality of life.

Due to her condition, Kiesha is unable to stand on her own. With the prize money, the



Dave Makin, a member of Hamilton's Iron Riders motorcycle club, presents five-year-old Kiesha Embrey and mother Tammy with one of the group's riding yests, initiating the young Port Colborne girl as an honorary member. The club has shown support for the family that is looking to take top place in the FilmPossible contest, which raises awareness about children with disabilities.

the cost of the supportive tools Kiesba needs to walk freely throughout their home - a ceiling track and a specially designed harness used to bold a child with disabilities

"If we win, we'll be one step closer to Kiesha walking Tammy said with a smile. The video, which was posted Monday afternoon, has already received a wealth of support. In only a few short days.

nearly 300 yntes have been cast in Kiesha's favour. Though family and friends can certainly be credited for helping with the voting boost. Tammy said it's Hamilton's

Iron Riders motorcycle club that has made it their mission to help Kiesha succeed Club members attended Kiesba's annual poker run in

July, Tammy said, and fell in love with the little girl. Earlier this week, Kiesha was

named an honorary member of the club and was presented with a rider's yest by members Dave Makin and Billy Donald. "They've taken her under their wing," Tammy said, calling the group her daughter's

"guardian angels." "It's overwhelming to see the love they have for her." Tammy encouraged neonle to watch Kiesha's story, which is filled with hope despite the difficulties the young girl has

faced "Kiesha's our miracle, our angel. With everything she's fought through, she shouldn't be here. She's overcome obstacles over and over again." "Every time we turn around there's a new hurdle, a new

struggle to overcome, but she does it," Tammy said. To view an extended version of the video, visit www. youtube.comand search for Kiesha's Story.

FIGHTING

Sharing her smile with the world Hosting MMA events in Ontario will help the sport evolve: fighter

MMA matches are already permitted by provincial athletic commissions in Nova Scotia, Manitoba and Quebec, Municipal athletic commissions in Calgary. Edmonton, Vancouver, Prince George, B.C., and in several other communities in British Columbia also sanction events. In the United States, the sport is allowed in all but

four of the 50 states. "As MMA has grown in popularity throughout the world, many cities have reased the economic rewards of hosting events. A major MMA event in Ontario could attract up to 30,000 fans and generate up to \$6 million in local economic activity everything from hotel rooms to restaurants and other stores and services," the news

release said Dayboll agrees and said the move is good for mixed martial arts clubs, martial arts clubs and all the businesses

around it. "The UFC (Ultimate Fighting Championship) brings in a lot of money for everyone, hotels, restaurants ... everything around an

He said the move is good for the evolution of the sport and martial arts in general in Ontario

"We're behind the times in Canada. It's why I'm Miami training. Dayboll, whose club will now be affiliated with Abreu's, said mixed martial

world. It's huge in Abu Dhabi, wasn't surprised at the deciwhere liu-litsu is taught in

public school. "We have Muslim students coming to us in droves in Buffalo because they want to keep up with their fellow countrymen," said Dayboll. who teaches classes across In addition to being good

news for fans and MMA clubs across the province, the move will be good for fighters such as Port Colborne's Alexis Davis and Andrew Cseh of Welland.

Davis, who trains at Dayboll's club, is the current female champion in the Raging Wolf series in New York state and has to fight outside Canada on a number of occasions

Her next fight is Saturday. Aug. 28 at Seneca Niagara Casino in Niagara Falls. N.Y. Cseh, who fights out of Modern Vision Mixed Martial Arts at Seaway Mall, is also scheduled to return to the ring on Aug. 28 in a pro bout taking place in Erie, Pa.

"Finally, we'll be the home team. Alexis and Sammy (Pascuzzi, another fighter at Dayboll's) won't have to travel as far to fight Travel expenses come out of their winnings." Dayboll said. Cseh, who scored a sec-

and-round technical knockout to win his pro debut in Ohio earlier this summer. was elated to hear the news that Ontario will be joining a growing list of jurisdictions that will allow MMA. Welland's male top male that. If you get knocked down in MMA and aren't intelligently defending yourself that's it, the fight is over." Bonfoco, the owner and chief instructor at Modern Vision, was unavailable for

comment as was Davis. djohnson@wellandtribune.ca

bfranke@wellandtribune.ca



portraits

■ STARGAZING

Catching a glimpse of the Milky Way







Part of the Milky Way shows up in the night sky over West Lincoln last week. InPort News reporter Dave Johnson was out trying to take photos of the Perseld meteor shower when he captured the Milky Way and a multitude of stars. He reported seeing a number of meteors, some bright and some faint, early in the evening before heavy humdity dulled the skies.





INPORTANEWS

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Ourview

Good news for fight fans

ntario is making the move to allow mixed martial arts events (MMA) in the province by next year. We think it's great news and are glad the province finally saw the light when it comes to the fastest growing sport in the world. It took a while for provincial officials, including Liberal leader Dalton McGuinty, to realize MMA can create jobs and will have a positive economic impact.

Ontario is a hotbed of mixed martial arts fans, many of whom had to travel outside the province to watch live UFC (Ultimate Pight Championship) fights and other promotions. UFC events in Montreal and Vancouver sold out in no time at all, generating income for both cities and creating economic spin-off. We're sure an event in Toronto, Hamilton or London would sell out in minutes. If a venue large enough could be found in Niagara, it too would sell out. Even a small-scale UFC event with a few thousand

Fighters from across Niagara also had to travel outside the province, making them outsiders with little support when they were fighting. Dave Dayboll, owner and chief instructor of Dayboll Jiu-Jitsu and Fitness Academy in Port Colborne, said now provincial fighters, like Alexis Davis and Sam Pascuzzi, who train with Dayboll, will have a 'home-town' advantage. Davis is a champion in the Raging Wolf promotion across the border, a native-run promotion that puts on great events and has great fights. Fans in Western New York, where the sport is still banned. support Raging Wolf and sellout crowds of more than 2,000 are wowed by the action. Raging Wolf promotions take place on native land, where the laws allow mixed martial arts.

With the announcement also comes news the province will be doing everything it can to protect fighters. That might not satisfy detractors of the sport who think it is too violent and should be banned. But MMA is no more violent than many of the other contact sports out there and in MMA both parties know what they are getting into and what risks they are taking.

If we compare MMA to boxing, as many people do, it is a far safer sport. When a fighter is knocked down hard and doesn't intelligently defend themselves, referees quickly jump in to protect them. In boxing, fighters get standing eight counts and are allowed to keep fighting even when it's clear they have no clue where they are. Yes, there are times when some MMA fighters are hit when they are almost out, but it's rare.

And MMA isn't always about fighting, liu-litsu, one of the martial arts used by MMA fighters, is used to train children how to deal with bullies. It is not a martial art that advocates violence. In fact, martial arts is all about self-defense, getting people in shape and promoting self-esteem.

Unfortunately some people look past the positive aspects and only focus on the negative. And those people will never change their minds about the sport. We'd encourage people to go to a live MMA event and see it first-hand, it could just change their mind. Raging Wolf has an event coming up later this month and Davis will defend ber title there. So go out, buy a ticket, come see the event and help support a local fighter.

I I'VE BEEN THINKING

I've been thinking about life and beyond

GORD ABRAHAM Port Colborne Baptist

Join me in my thoughts, Sitting before my empty laptop screen. Empty except for the blinking cursor.

It is interesting to hear one's thoughts when away from the normal routines of

Returning. My laptop and I sit at the kitchen table in the home of long-time friends on Cape Breton Island. The last few weeks away from home,

revisiting friends - we pick up where we left off at last meeting a few years ago - places and many memories that were once a part of our lives when we lived here on this island that God crafted through wind and sea.

Re-smelling the salt in the air, standing on a rugged north east cliff facing an imaginary England off in the distance

Thoughts of smallness as the blue North Atlantic waves crash up against the rocks below creating a froth of white and returning to the blue churning sea only to be lost.

Contemplating, I celebrated my 59th birthday around this same table just a few days before this writing assignment faced off with me. We as long-time friends laughed, sang, talked and

■readers'views

Better treatment deserved It never ceases to amaze me how

people treat each other. It's no wonder I prefer to be with animals than people.

The other day the guests at our cottage went down to the lake with their children to swim and play in the sand. Has anybody been down to the lakeshore on Lake Erie in Wainfleet lately? Quite shocking with all the dead fish and smelly sludge, not to mention all

I will no longer be trying to keep the beach clean for our guests, since I cannot do it alone.

Litter I can handle, but not the dead fish. There is a serious problem with our lake, folks. The experts need to be called in to rectify what is wrong. I am seriously considering calling in a TV crew to film it.

In any event, our guests found a spot that was fairly clean and proceeded to make themselves comfortable, only to be told that they had to move since the beach was private.

reconnected. Years that seemed so long ago and at the same time over so quickly now come back in our conversations. Reminiscing. Time gone swiftly by,

friends no longer here. Thinking, Lately I bave come to realize again the shortness of life-even at 59. How many more years to come? How many has God allocated for me in this small speck of a life? What will I do with what is left? What will the after-life life

he like?

Moses, the great writer of the early books of the Bible also wrote in Psalm 90, "The length of our days is seventy years-or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away. A second thought. If, as the Bible says, we are all eternal and will all exist after this life, then we have some serious thinking about where and what we will

he after this life For anyone who rejects the life of faith and obedience to Jesus in this life, there is judgment and separation from all that is God and life and love and joy and

"Just as man is destined to die once, and after that to face judgment." (Hebrews 9:27) The Christ-rejecter will live on without God but as what? and in

Waiting. For the follower of Iesus Christ, life goes on after this life is over. Tom Wright has written that we will experience "life, after, life after death." The author of Hebrews adds further, "so

Christ was sacrificed once to take away the sins of many people; and he will appear a second time, not to bear sin. but to bring salvation to those who are waiting for him. (Hebrews 9:28) Questions. What about you? Do you realize life is short? I ife does not and

at the end but goes on after passing through death. Where will you be? With Christ or separated from him?

Again it is Moses who asks of God, Teach us to number our days aright, that we may gain a heart of wisdom. (Psalm 90:12) Where do I go for this wisdom?

The place to start is with faith in the Lord Iesus Christ of whom Paul the Apostles says, "It is because of him that you are in Christ Jesus, who has become for us wisdom from God-that is, our righteousness, holiness and redemption. Therefore, as it is written: "Let him who boasts boast in the Lord." (1 Corinthians

My thoughts turn to Jesus, they contain Jesus, they go on in Jesus-so I have written about life and beyond with

Private? A beach? Not only were they told to move but were threatened with the police in front of the children, too, if they didn't move. A neighbour said they could use "his beach" instead, which they did. So thanks to him. These tourists paid good money to come here and

Pat Cusack

deserve better treatment. Keep the parking

I, for one, am in favour of progress and I believe everyone here in Port feels the same way. However, I take exception with the

idea of no parking on Main Street in Olde Humberstone after the construction of new sidewalks and paving. Restoring a historical part of a town is one thing. Changing the the entire concept

changes the meaning of "restoration." The city's engineer should know without hedging whether we would lose part of the grant should we stay with parking on Main St., rather than

All it takes is an e-mail or phone call to the appropriate people and then you would know.

It sounds to me like no parking is a minor thing to the appropriate government. However, it is important to us who pay the taxes in the first place to demand what we want.

With many businesses baving left Main St. over the years, putting ones nose to the grindstone to get new ones here is very important.

There are not too many businesses that appeal to those passing through like a department store and fancy hotel (only an example) that would catch their eve. What we have here are for the locals.

We need to reach out and do more. Taking away parking anywhere on Main St. simply "speeds up" the traffic to get out quicker.

Stop and think about what you are doing before implementing something as stupid as no parking on an important street

Wm. R. Thompson Port Colborne

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■ INCREDIBLE PLACES: Water, woods and serenity a perfect trinity

The magic of the Kawarthas is in the water

here are so many incredible places in this vast, amazing nation of ours where a person can go and soothe the soul.

We're blessed in Ontario we have many of them. A favourite of mine since childhood has been the region in central Ontario we

call the Kawarthas It's not just the natural ruggedness of the rock outcroppings that dot the landscape. Nor is it just the splendor of the bountiful forests that make up most of the groundcover throughout the area

While those are breathtakingly beautiful in their own right, it's the water - the lakes, rivers, hays, inlets - that is seemingly everywhere the eve turns. It's what gives the Kawarthas their lure

The cry of the loon in the evening and the morning, the soft gentle lapping of lake water against a shore, the crystal clear blue of the lakes and waterways, all combine to make this a truly mystical

The Kawarthas stretch from Lindsay through Fenelon Falls, Bohcaygeon and across to Peterborough, covering everything in between and even beyond

A favourite hount is Buckhorn, This funky little village on the way to Peterborough from Bohcaygeon is home to one of the locks that make up the Trent-Severn Waterway, a 386-km boating paradise that features 44 locks.

The Waterway, as it's known to locals begins at its southeastern point on the Bay of Quinte on eastern Lake Ontario and extends through central Ontario in





Port Severn where the Severn River flows into Georgian But back to Buckhorn.

Apart from heing a major Waterway component, it's also home to an offbeat little winery, the Kawartha Country Winery, as well as one of the largest retail art galleries in the country. Gallery on the Lake.

Now it seems hizarre to travel from Niagara and actually go to check out a winery. I mean, why leave

home, right? But what makes the Kawartha Country Winery unique is the abundance of fruit wines it produces on top of the traditional red and white grape wines available - everything from apricot, apple, blueberry, pear, peach,

rhubarb and strawberry to

apple.

Supplied photo

Port Colhorne artist

Mary Lampman is one

of the featured artists

at Gallery on the Lake just east of Buckhorn

in the Kawarthas on

Buckhorn Lake, Mary

was at the gallery last

weekend for a meetand-greet session with

gallery patrons. She

has a number of her

works on display.

the shores of Lower

plum, cranberry and spiced

the property.

That was actually the premise when it opened six years ago, to make fruit wines using the orchard located on

We've been going pretty much from the first month it opened. John Rufa, the co-owner and vintner, is an extremely hospitable and gentle soul and very

A visit to his wine, making facilities, tasting room and gift shop is like taking a giant step hack in time. The facilities are boused in a

restored log cahin huilt in It actually still has the original square-hewn logs and pine floors.

see DUMA I A6

Bell High-Definition Receiver

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TOWNSHIP OF WAINFLEET

PUBLIC NOTICE

RESCHEDULED REGULAR MEETING OF COUNCIL

Please be advised that Council for the Township of Wainfleet has rescheduled the Regular Meeting of Council for the month of August from August 17th to August 24th. The meeting will commence at 7:00 p.m. in the Council Chambers located at 19M43 Highway 3, Wainfleet. Any inquiries with respect to this matter should be directed to Mr. Scott Luey, Chief Administrative Officer at (905) 899-3463, extension 223.



hen Virginia was on her own, she lost touch with people. Aside from the holidays surrounded by people with and occasional outings with her family, she spent a lot of time at home alone

Now that Virginia lives in a Chartwell residence, she is similar interests and experiences. Her new friends are quickly becoming her best friends.





A close getaway where the air is clean and life is unhurried

FROM PAGE A

The cabin sits surrounded by 22 acres of apples, pears, several varieties of raspberries as well as rhubarb and grapes. Nothing goes to waste here. Even the stately maple trees spread throughout the

property earn their keep — John makes an incredible maple syrup ice wine. Personal favourites? Certainly the cherry wine, it's

amazing. But also the apricot, peach, pear, black currant and strawberry. Just not all at the same time.

Check out the website at www.kawarthacountrywines.

About a 10-minute drive from the winery is Gallery on the Lake, located a short distance east of Buckhorn on the shores of Lower Buckhorn Lake. I couldn't imagine a more picturesque location for an art gallery.

Esther Inglis, the president/ curator of the gallery, is a no-nonsense type of businesswoman who doesn't miss a thing. She's cordial and a wonderful host but she is also always aware of everything that's going on around her. It's like she was born to run an art gallery.

As Esther writes on the gallery's website, "the



The Trent-Severn Waterway lock in Buckhorn is one of 44 that make up the inland route.

Peterborough/Kawarthas region is home to many of North America's pre-eminent artists. The Gallery on the Lake, with its distinctive octagon shaped cedar-clad structure, is their showplace."

Indeed, it is. The large and prestigious facility is in a gorgeous setting, surrounded by pine trees as it lies along the shore, built atop and adjacent to rock outcrops. The gallery houses a wide selection of originals, prints, sculptures and unique collectibles.

Just last weekend, Esther hosted a Meet The Artists event that we unfortunately missed as we had to leave before the event took place. However, Port's own Mary Lampman was on her way there as one of the guest artists. Her work is on prominent display in the gallery as one of the featured artists.

Check out the website at www.galleryonthelake.com
I'm only scratching the surface of all that Buckhorn and the Kawarthas have to offer. But these are two of our favourite places to visit each time we go back.

I lived in Lindsay for a couple of years back in the early '80s and before that, my family used to vacation in the Kawarthas when I was young growing up in Toronto and later in Mississauga. I have always felt a very special bond to the place. If you're looking for a relatively close getaway, where the air is clean and the pace

unhurried, where silence is serene, where the stars fire up the sky at night, go to the Kawarthas. There's magic in the air.

George Duma is a resident of Port Colborne and has spent

Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at sighuma@cogeac.ca



John Rufa, the co-owner and vintner at Kawartha Country Winery, explains the nuances of making wine from fruit to a



Looking like something out of Little House on the Prairie, the Kawartha Country Winery houses all its facilities winemaking, tasting room and gift shop in this restored log cabin, built in 1866. It still has the original square-hewn logs and pine floors.





ROTARY: Port girl spent a year in Austria

Austria remains in her heart

InPort News Staff

WELLAND - Robyn Damude is home again from her year-long journey, but Austria remains in her heart. The 19-year-old Port Colborne woman fell in love with the central European nation during her Rotary exchange trip, which she returned from earlier this summer

She learned to speak German, climbed a mountain, cheered for a local soccer team, skied on the Austrian Alps and walked by Adolf Hitler's house. The experience will be everlasting for the former student at Port Colborne High School. "It was the best 10 months

and 10 days of my life," Damude said during a presentation to the Rotary Club in Welland recently. "It was a great trip.

For the majority of her exchange, Damude stayed in Linz, the third largest city in the country with a population of about 189,000 people. In the early stages of her venture. Damude spent two weeks at a language camp with 43 other exchange students

The students studied for six hours a day and were forced to undergo testing every single day of the camp, she explained.

Then they went to their host families

The highlight of her trip was going on a European tour, which was two-and-ahalf weeks long with stops in eight countries.

"I will never forget it," she

Before leaving Austria, her classmates bought her a traditional dress that she wore on Tuesday during her presentation to Rotary. "I miss them a lot," she

admitted.

Damude, whose older brother Tory travelled to



It was the best 10 months and 10 days of my life. It was a great trip."

Robyn Damude

JOHN VESSOYAN Staff Photo Port Colborne's Robyn Damude, wearing a traditional Austrian dress and holding a scarf of a local football team, recently returned from a one-year Rotary exchange trip to Austria.

Japan on a similar trip a few years ago, thanked the Rotary club members for giving her the opportunity to travel to Europe and experience a different culture.

She said her trip has made her more outgoing and independent, and returning home to Canada took time getting used to.

"It was really weird going

back," she said, "Now I've pretty much adjusted. I'm settling now. Damude, who has been

bitten by the travel bug, won't stay in Niagara for too long. She's yet again packing her suitcase for an educational trip down the high-

way to Sudbury to study anthropology at Laurentian University





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DAN GRABOWSKI



One of the most common complaints from patients involves lack of sleep. Some patients complain about not being able to fall asleep, for others it is early wakening. The problem is definitely more prevalent in the elderly. As people age, their bodies simply require less sleep. First steps for most patients is to try some nondrug therapy and preventive measures

Patients should first try to resolve other conditions that may be interfering with their sleep. Restless legs, pain, COPD and depression. can all play a role in limiting sleep. Talk to your doctor if one of these issues is causing sleeplessness. Certain drugs can also cause insomnia such as antidepressants, decongestants and steroids. If you are on one of these types of medications try taking it as early in the day as possible.

Good sleep hygiene is also indicated. This means forming good sleep habits. Use your bedroom only for sleep. Participate in a calming activity before bed such as reading or taking a bath. Limit the amount of T.V. you watch before bed. If you lie awake in bed for more than a half hour get up and try a different activity until you feel sleepy. Limit your caffeine intake and try to get in some moderate exercise every day. Some people suggest always getting up at the same time every day (no sleeping in),

If these measures fail there are some medications that can help. The benefits of sleep medications are modest and they can cause mental impairment and falls. They should be taken with caution.

A good first choice is a medication called Impyane or zopicione. This medication does not cause as much dependency, rebound insomnia, or hangover. Trazadone is probably the next best choice for insomnia. The main benefit of this medication is that it seems to be non habit

forming. Another option that is often used is a group of medications called benzodiazepines. An example would be Ativan, or oxazepam. Unfortunately these drugs often cause falls, dependency, and cognitive impairment.

Remeron is a sedating antidepressant that is commonly used for chronic insomnia. Doctors are also using antipsychotics like Seroquel as an off label use for insomnia. There is still a need for more studies into the safety and efficacy of this drug for this indication.

Some natural medicines can also be tried for insomnia. Melatonin levels decrease with age and some people use this supplement to help fall asleen faster. Other natural remedies include valerian and St. John's wort. It is probably best to speak to your doctor or pharmacist about the safety of these medications, dosing, and drug interactions.

One of the keys to dealing with sleeplessness is to not let it cause uncontrolled anxiety. If it is a persistent problem for you, speak to your doctor or pharmacist about the best method for you to treat the problem.

Two Locations:

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into slow cooker.

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1. 1/2 tsp. of each · Allspice. • Cinnamon • Cumin - Curry Thyme Sea Salt

Cover and cook on higher until veggies are tender. Thicken "gravy" with corn starch and water and let cook, covered on high for until thick and no longer tasting of corn starch (about 10 minutes).

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Way of South Niagara held a charity barbecue Saturday morning at the Sobevs grocery store in Port Colborne: front row, from left, Ad Lewis. United Way administrative assistant: United Way volunteer Savannah Prokopetz. Gomma Whitosido campaign administrator back row, summer student Derek Gaudet, Sobey's store manage Terry Ladouceur

Staff Photo

The United

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INPORT NEWS

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Sharing the gospel with children at camp

KAESHA FORAND InPort News Staff

PORT COLBORNE — Last week, Central United Church was filled with little feet scurrying throughout the hallways from to make their way to different activities

their way to different activities

More than 40 students attended
the church's vacation bible school
during the week — learning lessons from the bible, participating
in games and doing crafts.

It was Port Colborne's only vacation bible scbool held during the month of August, and was only one of three in the area this summer. Heather Filson, Central United's designated law materials.

rieather rilson, Central United's designated lay minister said the church was lucky to have a number of adult and teenage volunteers so the program could be run and accommodate its 44 children from 8:30 a.m. to 11:30 a.m. The week of activities was free and open to parishioners and any child in junior kindergarten to Grade 6. Those who attended last year also

received an invitation to return.

Children took part in crafts, games, snacks, bible stories and made videos daily to illustrate the

lessons they learned,
On Wednesday, they delved into the bible story where Peter trusted Jesus to walk on water. As long as Peter kept his eyes on Jesus, he would continue to walk on water, but when he looked away, he started to sink.

They had food experiments and games surrounding the theme, including one where children had to run across "water" two air mat-

"The message is Jesus gives us the power to be brave," Filson said. "It's a great outreach program and a great way for kids to spend one week of their summer." Participant Amanda Pattison attends Central United Church and was helping other campers at

one the VBS. "I've ne

"I've never been to a camp as good as this," she said. "Ever ybody from church can come together and work together."

The school is a p at the Port church.

She attended two years ago and plans on returning next year as a volunteer crew leader. The school is a popular program





KAESHA FORAND Staff Photo
Jessamyn Tweedy 'walks on water' — an air mattress covered with a blue
tarp — at the Central United vacation bible school on Wednesday. More than



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Taking a run at township council

KAESHA FORAND InPort News Staff

WAINFLEET - Unhappy with the decisions being made by township council. Andrew Watts has decided to take

The Wainfleet resident filed his papers for the aldermanic race. It's the 68-year-old's first attempt at politics, but he said he can't sit back anymore and watch the "wrong people who are making the wrong decision."

He's been publicly opinionated and opposed to the proposed lakeshore water and sewer servicing project, didn't agree with the sale of the Lakewood Camp property and believes "wind farms are a potential disaster and are not being investigated."

He believes with advanced technology, the multimilliondollar water and sewer pipeline can be avoided.

Watts regularly attends Wainfleet council meetings and has also attended regional council meetings to be an informed resident.

"I think ordinary people need to stand up," he said. noting he's never had political aspirations, but believes he had to run to make a difference on council "Council meetings are run

the wrong way. Not only in SUMMER FUN

Wainfleet, it's all over," he said. "Decisions are made based on policies and procedures, it doesn't seem to be done for the people who elected them."

Watts has three sons, five grandchildren and is married to Alicia. He is a member of the Wainfleet Ratepayers Associat i o n and is a unit leader with the Port Colborne Marine Auxiliary Rescue Unit (POCOMAR) which is affiliated with the Canadian Coast Guard

was born in the United Kingdom and grew up near Liverpool. He worked

on the Manchester ship canal, was a pro-

Watts

fessional seaman, served in the navy and met Alicia while stationed in Oman. He was also a dive instructor and dive master in the Caribbean. In 2001, Watts moved to Canada and settled

He is he fifth person to file for alderman. He joins Eugene Canby, Betty Konc, Ron Kramer and David Wyatt fighting for four openings.

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KAESHA FORAND Staff Photo

FRESH CUT



GRAPE ONTARIO CHERRY

NO. 1 GRADE ONTARIO NEW CROP MINI POTATOES

Liesl Dietrich, 9, enjoys an afternoon at the splash pad at H.H. Knoll Lakeview Park, Wednesday, to cool off with her brother. The children are from Williamsville, N.Y., but spend the summer in Lorraine Bay.



Corey Chamberlain, Sara Wikston and Kelsi Wikston accept certificates of participation from youth services officer Melissa Gallina,

MARYANNE FIRTH Staff Photo far right, during a reception at the Port Colborne Service Canada Centre for Youth. The centre held a reception Wednesday to celebrate its successful summer season.

Service Centre helped students

PORT COLBORNE - Job hunting can be intimidating for anyone, especially those taking on the search for the very first time. The Port Colhorne Service

Canada Centre for Youth has helped more than 100 young adults this summer on their path towards employment. The centre offers assistance with lob searches, resume and cover letter writing, interview techniques and information on employment standards, health and safety in the workplace and wage

The office at 176 Catharine St. will close its doors for the season on Friday, Aug. 27. A reception was held last Wednesday to calabrate the summer's

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accomplishments.

Youth services officer Melissa Gallina said this season was "extremely successful" for the centre, not only in assisting youth to find jobs, but also in raising awareness of the centre and

its community services The McMaster University student contacted more than 300 employers and handed out service information to more than 500 people at the farmer's market and local high schools.

Sara Wikston was pleased to learn about the centre when Gallina set up an information booth at Port Colborne High School

Joining the "Odd Job Squad," she was able to help out at a lemonade stand during Canal Days Marine Heritage Festival

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ELECTION: Kenny to run again

No question

InPort News Staff

PORT COLBORNE - For Bea Kenny, there was never any question as to whether she'd seek re-election.

"There wasn't even hesitation" said the Ward 3 Coun about hoping to claim her fifth term on council. "It's just yes, yes, yes!"

Kenny served three consecutive terms in the ward. sitting out 2003 to 2006 after an unsuccessful bid for the mount's seat She was re-elected in 2006, and hopes to maintain

her role come the October municipal elections. Kenny enjoys being part of Port Colborne's decisionmaking process and bring-

ing the voice of residents into council chambers. "I'm a hands-on councillor. People call me and I

respond," she said. Being able to help residents with their issues and concerns is what Kenny finds most enjoyable about her councillor role.

During each term, council is faced with new challenges that must be addressed regarding the present and future of the city, "and I'm up for those challenges," she

One challenge she plans to keep her focus on, as she has in the past, is physician recruitment.

She stressed the importance of the health sector in the community, and said based on public consultation health is a priority for residents

As physicians retire or relocate, a succession plan must be put in place to ensure Port Colborne's citizens receive proper care, said Kenny, who's worked at the Niagara Health System Port Colborne Hoping for a fresh voice on the school board

site for the past 25 years. After years of discussion, she looks forward to seeing

both the city's new health and wellness centre and the Main St. revitalization project come to fruition

"We need to make changes to progress towards what's needed for

the city to grow," she Though people sometimes raise con-

cern about the funds spent within the city, Kenny said

what council is doing is "investing in Port Colborne's future* As a lifelong resident of the

lakeside city, Kenny said she loves seeing the progress Port Colhorne has made She hopes that her grandchildren will one day proudly

call themselves lifelong residents of the city as well. Kenny has been married to husband Wayne for 35 years. They have two children. David and Leah, and three grandchildren, Cameron,

Alexander and Daphnei. Kenny is chair of the physician and education committee and the environmental advisory committee. She also sits on the committee of adjustment, Heritage Port Colborne, Port Colborne Hydro Inc. and Port Colborne Fibre Inc. board, Niagara Central Airport Commission. Port Colborne transit advisory committee, fire master plan committee, drinking water quality management committee and leash-free

dog park committee.

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■ TRUSTEE: Former educator seeks position

InPort News Staff

PORT COLBORNE -Apparently 33 years in the education sector wasn't enough for Dino Sicoli, Now, he's longing for more.

The 62-year-old retired educator who considers himself an eternal optimist is

running for Niagara Catholic District School Board trustee in Port Colhorne This is Sicoli's first attempt to secure a seat as trustee

"It's been in the back of my mind for a number of months," Sicoli said. "It's another way to serve the people - meeting the

needs, trying to make a difference. I want to make a difference. I see myself as a new face, a fresh voice. It'll give (me) an opportunity to better myself as a person."

election day to find out his "I feel called to do this," he

"I visualize this as a unique challenge

- serving and trying

to make the school svstem hetter welcome the challenge." A s

trustee. Sicoli said he would continue to be a mentor and a leader in the community and stress to students the importance of

having a strong Catholic faith and education. "I want to play an important role in preserving our Catholic heritage, reflecting the values, beliefs and teachings of my faith."

Sicoli was born in Sudbury and raised in St Catharines He attended Denis Morris Catholic High School in the Garden City before moving on to St. Augustines seminary school at in Toronto, where he spent six years.

He attended Brock University and then became a teacher in the Catholic school system. His teaching journey took

Dino Michael and Christina. him to such school as St. Mary in Welland, St. Ann in Fenwick. Our Lady of Grace in Ridgeway, Our Lady of Good Counsel and St. Patrick in Port Colborne, During his career, he worked as a teacher, vice-principal and principal.

Sicoli, who retired in 2007, has been living in Port Colborne for the past 30 vears. He's married to his wife Lily. Asked how many vears he's been married. Sicoli sounded confused and started to mention different

numbers while looking at his "She's shaking her head," Sicoli said with a laugh, forgetting the exact length of the union. But, after a few seconds of pondering, he said he's been married for 30 years. He has two children

The trustee candidate is an avid bowler, landscaper and woodworker He also enjoys travelling

with his wife. Both of them recently returned home from a 16-day bus trip to California and Arizona

PRIZE WINNER



Supplied photo Margharita Maddalena was the winner of the scooter donated by Royal LePage Niagara Real Estate Centre, Port Colborne Branch and E-Ride Niagara to the Lions Carnival. Pictured here from left to right are Diane Ryerson. owner of E-Ride Niagara, Sherry Hoover, Sales Representative from Royal LePage Niagara, Margharita Maddalena, winner, Maria Alexander, office administrator from Royal LePage Niagara and Penny Gamble & George Emerick, Sales Representatives from Royal

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ISSUES: Barrick raise issue of LHINs

Port Colborne, Welland city councillors attend AMO conference

InPort Name Staff

PORT COLBORNE -Two local city councillors made their way to Windsor for the 2010 Association of Municipalities of Ontario

conference Welland Ward 3 Coun. Paul Grenier and Port Colborne Ward 1 Coun, David Barrick were among 1,400 attendees at the conference which ran Aug. 16 to 18 at Caesars Windson

Barrick's focus was on LHINs and property assessments. He will continue to fight for increased health services in Port Colborne. He is vying for the regional councillor's position in the upcoming election and believes that an increased property assessment should not automatically translate to

higher property taxes.

I'm looking forward to

bringing Port Colborne's voice to ministers and opposition leaders from the provincial government," said Barrick before the conference. "It's a great opportunity to update them on our issues'

Grenier looked forward to hearing Dalton McGuinty speak on Monday because it's then that the premier typically makes an announcement.

session on the Ontario Power Authority's future and during the last day of the conference he was appointed chair of the Ontario Small Urban Municipalities committee - a position he was elected to in May. If he is re-elected in the

Oct, 25 election, he will chair the committee for two years. He was also keen on learn-

ing how water technology will

for Ontario's future, as previously indicated by AMO.

The annual AMO conference is Ontario's foremost educational forum for municinal government. This year's event features more than 60 plenary sessions and workshops. With a theme of propelling economic prosperity. the conference focuses on economic development and

other key municipal priorities, such as green energy, waste diversion, infrastructure and the delivery of health

and social services Attendees will have the opportunity to hear keynote presentations by Jim Bradley, Sandra Pupatello, Tim Hudak, Andrea Horwath, Maclean's magazine editor Andrew Covne and CBC News senior correspondent Diana Swain.



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Niagara Region not giving up on a mid-peninsula highway

OMIAgency

THOROLD - Niagara politicians won't give up on the controversial mid-peninsula highway, despite a recent provincial study suggesting a new Fort Erie-to-Halton corridor is

unnecessary For decades, local business leaders and politicians have called for a new four-lane alternative to the OFW that would connect Fort Erie to the Greater Toronto Area through the south-

om nonincula The previous Conservative provincial government announced its desire to build a \$1.3-billion highway in 2001, but the incoming provincial Liberals later insisted on a full environmental assessment of transportation options in the area, which started in 2007

In June, a draft of that study suggested a new super-highway is unnecessary for at least the



Partington

transit such as the GO

That plan is "not good enough" for Niagara, said regional Chair

Peter Partington, who spoke out on the "disappointing " draft study during a recent council "We need that highway corria joint Niagara-Hamilton study completed in 2007 that claimed a new multi-lane highway would create as many as 170,000 new jobs and up to \$9 billion in new income for the two regions.

Partington wants regional councillors to meet in September to form a response to the Ministry of Transportation, which will accept comments on the draft report until the end of

the year before issuing a final recommendation. Partington said he feels the highway is a "vital" tool for economic growth and an important part of Niagara's "grow south"

But he also questioned the wisdom of recommended afternatives, such as expanding the

planners feel a completely new highway isn't needed yet, particularly between Welland and

But he emphasized the study doesn't say the idea is dead foresser

"We think we should continue to monitor ... things can change," For the time being, how-

ever, he said planners believe a combination of new rail options and targeted highway expansions should be able to

meet demand. Part of those recommended expansions, he added, include a section of the proposed mid-pen

for the MTO, said provincial highway a four-lane connection between the



province might also

city is not in the cards

consider a Goulbourne new High Occupancy Vehicle lane between Burlington and Hwy. 406 in St. Catharines, he said. but further widening within the

Welland Mover Demian Goulbourne said he's disappointed with the provincial study, but suggested it's still possible to "pull off a positive out-

come for the region. "I think we should reaffirm our support for (the highway) ... but I also think we need a good fallback position," he said.
"I think if the province is going to walk away from the highway, then maybe that opens the door to a cost-sharing partnership on

our east-west connection." That portion of highway "is a good start" on the mid-peninsula corridor. Goulbourne argued, and would leave the door open on future expansions.



INPORT NEWS





Main St. business owners want to keep on-street parking

MARYANNE FIRTH InPort News Staff

PORT COLBORNE - Main St. business owners want their parking spots to stay

During a recent council meeting, Ward 2 Coun. Frank DiBartolomeo said the municipality received letters - 13 in total - from "virtually 100%" of the business owners on Main St. between King and Elm streets.

The letter writers objected to the removal of on-street parking as part of the Main St. revitalization project. DiBartolomeo asked how

council can justify filing the letters away and ignoring the residents' pleas. Council's duty is to find that to remove convenient

an "amicable compromise" which has yet to be done, he

Frank's Home Building Centre owner Frank Danch told council he was making his "last-ditch effort" to have the project plans changed. "In the world today, people don't event want to get out

of their cars," he said, adding

parking spaces will be a detriment to local businesses. Danch said he's "all in

favour" of having a nicer looking street, just with some parking. Even some of the busiest roads in Niagara, such as Lundy's Lane and Clifton Hill, have on-street parking,

he added. "No one on our block is

happy with this decision." Dan Aquilina, director of planning and development,

said three ontions were set before council regarding changes on Main St., and council chose to move forward with the option of eliminating on-street parking. Three municipal parking lots are being established to

make up for the lost spaces,

and the city is leasing additional parking space from the owner of the Subway plaza,

he said The city has successfully applied for funding from the federal government, gone to tender with the project and construction is underway, Aquilina added.

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Bia Brothers Big Sisters of South Niagara

47th Annual General Meeting

All members of the Association are invited to attend the

47th Annual General Meeting

Monday, September 13th, 2009

6:00 PM

Community Room, Welland City Hall, 60 East Main St. Welland

Council files letters of opposition from businesses

FROM PAGE A16

He said the city has a contract agreement with the federal government and the contractor on board, and he's uncertain what the impact on the city would be if changes to the project were made at this point.

The motion to file and receive the letters was approved by council, though DiBartolomeo was opposed.

mfirth@uxellandtribune.ca

ROAD WORK



employees work on Main St. W. near Elm St. in Port Colborne. Alfidome Construction Ltd. is carrying out the \$4.3-million Olde **Humberstone Main** St. streetscape/ reconstruction project. The project includes curb realignment on Main St. from Elm St. to the Welland Canal, including sidewalks, decorative street lights, decorative traffic signal poles, the construction of three municipal parking lots and full milling and paying of the roadway.

DAVE JOHNSON Staff Photo Regional Trenching Inc.



Supplied Photo

Nicole Garon of Cambridge was the winner of the 9.9 Mercury outboard motor during the Port Colborne and District Conservation Club's recent draw. The motor was donated by Port Colborne Marine and Dan Smith presents it to Garon with Conservation Club president Chris MacEachern in the back. The 42-inch television was won by H. Fonfara of Welland the third prize of \$250 was won by Port Colborne's Kevin Rady

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